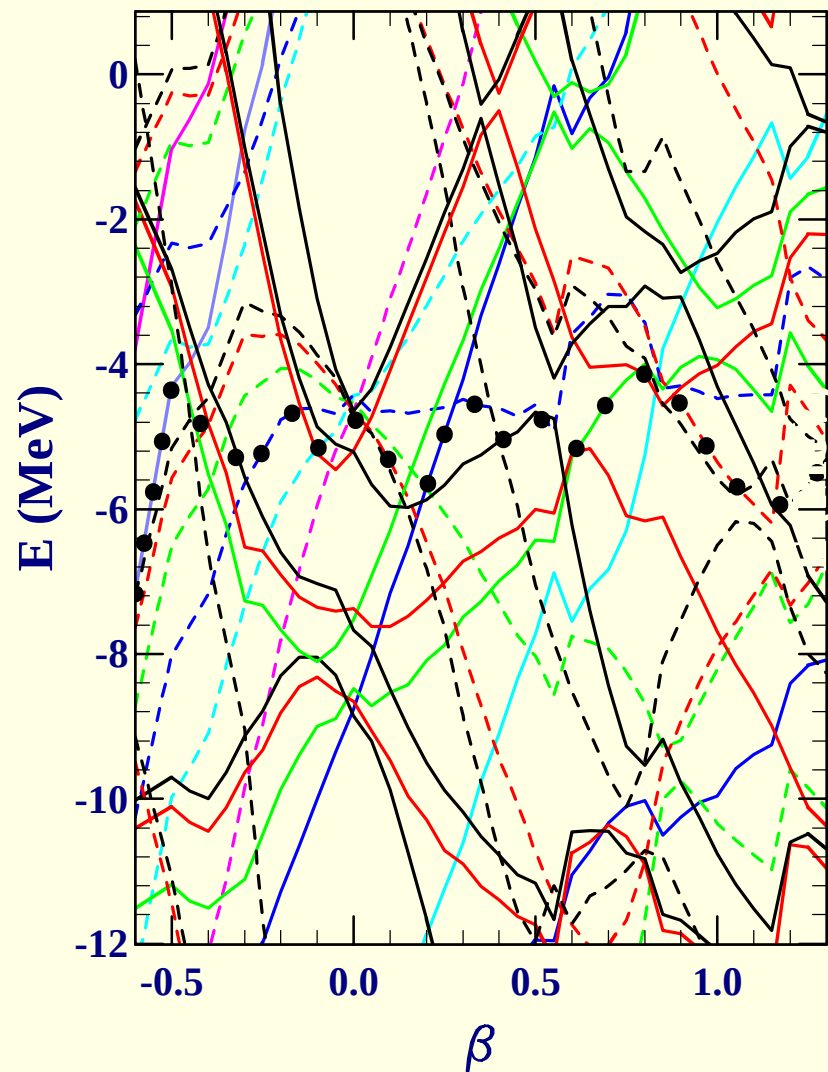


$^{164}_{69}\text{Tm}_{95}$ **Protons****Neutrons**